(http://www.ibpindex.com)

Hi! Marco !Welcome to IBPindex!

Send to a friend Tweet 0 Compartir 0 Share

Track : 2015-11-02 Lac de Vence (Mercantour)

IBP : 191

Detected modality : HKG (Hiking)

Reanalyzed as **BYC (Bicycle) (ibp_analisis_completo.php?REF=36555724431009&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36555724431009&MOD=RNG&LAN=en&REM=&SMD=m)**

Reliability of the original trail: B (1913/68/0/-/-/68)

Level of correction applied to the trail: 0

Total length: 22.328 Km **mi / ft ?**

Analyzed distance: 22.328 Km

Lineal distance: 0.083 Km

Accumulated climb: 1924.93 m

Accumulated descent: 1916.28 m

info Points list (ibp_listadepuntos.php?REF=36555724431009&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2525.52 m

Minimal height: 1143.14 m

Start height: 1144.59 m

End height : 1153.24 m

Climb rate: 17.88 %

Descent rate: 17.89 %

Positive climb difference per Km: 86.21 m

Negative descent difference per Km: 85.82 m

Total time: 8:35:42 h

Time in movement: 7:35:33 h

Stopped time: 1:00:09 h

Trail difficulty



Max slope filter: ~55 %

Min. ponts separation: ~30 m

Number of points: 5165 (cad. 4.32 m)

Significant points: 699 (cad. 31.99 m / 13.53 %)

Direction changes per Km: 15.54

Direction changes >5º per Km: 13.35

Accumulated straight stretches: 2.28 Km

Straight stretches per Km: 102.11 m

Penalizables slope changes: 10

Penalizables slope changes per Km: 0.448

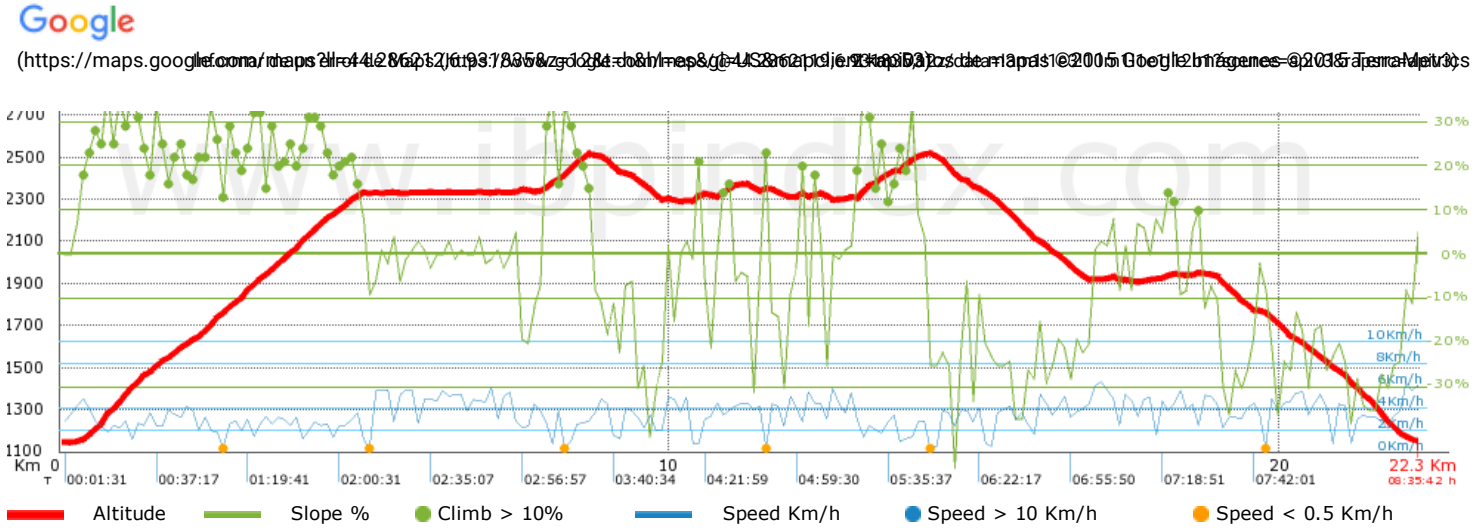
Total speed average: 2.6 Km/h

Average speed in movement : 2.94 Km/h

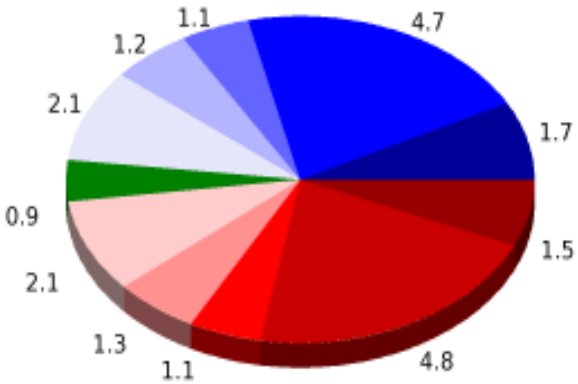
Maximum held speed: 6.27 Km/h

Find The Best bike routes
cicloide
www.cicloide.com
(http://www.cicloide.com)





Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	1.543	6.91	1.92	0:48:16

	Between 15 and 30%	4.782	21.42	2.33	2:03:24
	Between 10 and 15%	1.059	4.74	3.03	0:20:58
	Between 5 and 10%	1.286	5.76	3.21	0:24:01
	Between 1 and 5%	2.095	9.38	3.92	0:32:03
	Total	10.764	48.21	2.6	4:08:42
Plain					
	Difference of 1%	0.852	3.82	3.98	0:12:51
Breakdown descents					
	Between 1 and 5%	2.084	9.33	4.04	0:30:59
	Between 5 and 10%	1.153	5.16	4.18	0:16:34
	Between 10 and 15%	1.111	4.97	3.59	0:18:33
	Between 15 and 30%	4.712	21.1	3.12	1:30:35
	Between 30% and 55%	1.653	7.4	2.66	0:37:19
	Total	10.712	47.98	3.31	3:14:00
	Total track:	**22.328**	**100 %**	**2.94**	**7:35:33**

High altitude parameters, data above 1500 m

High altitude parameters, data above 1500 m							
Altitude m	**Distance Km**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed total**
2500	0.663	2.97	0:14:28	2.75	0:09:00	0:23:28	1.69
2250	10.295	46.11	3:35:56	2.86	0:34:51	4:10:47	2.46
2000	1.964	8.79	0:48:07	2.45		0:48:07	2.45
1750	4.271	19.13	1:14:34	3.44	0:11:03	1:25:37	2.99
1500	2.131	9.54	0:42:31	3.01	0:02:45	0:45:16	2.82
Total:	**19.323 Km**	**86.54 %**	**6:35:36 h**	**2.93 Km/h**	**0:57:39 h**	**7:33:15 h**	**2.56 Km/h**

Stops

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.608	0:06:57	1746	1:02:19	1:02:19	2.608
5.004	0:08:24	2333	2:13:10	1:10:51	2.396
7.99	0:02:41	2365	3:05:02	0:51:52	2.986
8.228	0:05:45	2404	3:12:02	0:07:00 < 10'	0.239
10.377	0:02:19	2292	4:15:54	1:03:52	2.148
11.465	0:09:44	2341	4:39:44	0:23:50	1.088
14.244	0:09:00	2526	5:58:00	1:18:16	2.779
15.135	0:05:58	2340	6:23:16	0:25:16	0.891
19.739	0:04:06	1762	7:44:16	1:21:00	4.603
20.843	0:02:45	1509	8:06:57	0:22:41	1.104
21.143	0:02:30	1440	8:13:55	0:06:58 < 10'	0.3
Total:	**1:00:09 h**				

Compare this trail with...

Select trails to compare from "My trails".	
2013-08-09 Pietra Corniale (RNG)	Ref.: 36511309914406
2013-08-04 Pietra Corniale (RNG)	Ref.: 36511309914467
2013-08-06 Pietra Corniale (RNG)	Ref.: 36511309913793

Compare (ibp_comparar.php?REF1=365557244310 09&REF2=36511309914406&REF3=36511309914467&REF4=36511309913793&LAN=en&REM=)

Download

GPX (.gpx) (ibp_generatrack_descarga.php?FOR=gpx&REF=365557244310 09&PRE=19005317)

Garmin Training Center (.tcx) (ibp_generatrack_descarga.php?FOR=tcx&REF=365557244310 09&PRE=19005317)

CompeGPS (.trk) (ibp_generatrack_descarga.php?FOR=trk&REF=365557244310 09&PRE=19005317)

OziExplorer (.plt) (ibp_generatrack_descarga.php?FOR=plt&REF=365557244310 09&PRE=19005317)



Google Earth (.kml) (ibp_generatrack_descarga.php?FOR=kml&REF=36555724431009&PRE=19005317)



PDF analysis (ibp_ibpindexpdf.php?REF=36555724431009&PRE=19005317&MOD=HKG&LAN=en)



Notify anomaly for this analysis (ibp_anomalia.php?REF=36555724431009&LAN=en)



Remove track and analysis



Store this trail on "My trails"

Send this analysis to a friend

Message that will receive your friend:

Re: m.ditommaso@libero.it

Hi.

Marco has considered that this analysis of a trail could be of your interest.

(he/she will see a link to this page)

E-mail of your friend

You can enter multiple addresses separated by commas

Text

Send to a friend

Contact

www.ibpindex.com (http://www.ibpindex.com/)

info@ibpindex.com (mailto:info@ibpindex.com) (mailto:info@ibpindex.com)

Partners (/index.php/es/blog/item/54-la-federacion-francesa-de-senderismo-implanta-el-sistema-ibpindex)

(http://www.ffrandonnee.fr)